

**ANSWER KEY**

1. d. Cooperative Reasoning Method is not a real evidence-based treatment approach.
2. a. Four principles of motivational interviewing are: Express empathy, develop discrepancy, avoid argumentation, and support self-efficacy.
3. e. none of the above. To date, none of the listed medications have proved effective for treating methamphetamine dependence, although many studies for new medications are ongoing.
4. False. Both Methamphetamine and cocaine and have many similarities. Research on cocaine abuse and dependence has shown to be very informative in the study and treatment of methamphetamine abuse.
5. d. all of the above. The Matrix Model utilizes a number of components, all geared toward the goal of retention.
6. d. the withdrawal, the honeymoon, the wall, the adjustment, the resolution.
7. False. Research shows that treatment outcomes are more successful when the client is aware of the process that they are undergoing.
8. False. The Wall is a serious obstacle for clients where they often feel disillusioned and depressed and extra care should be taken to prepare clients for this stage.
9. e. Hanging out. Boredom and lack of structure create an atmosphere where the client is more susceptible to substance use.
10. False. Mandated clients can be treated as well as any other kind of client.
11. e. all of the above. Clinicians often have many negative assumptions about mandated clients, but research shows that treatment can still be effective.
12. False. People with drug or alcohol dependence are not fundamentally different from the normal population.
13. True. Again, people with drug or alcohol dependence are not fundamentally different from the normal population.

14. False. Methamphetamine, unlike alcohol, is not a tissue-dependent drug. People can go without using and not become physically ill. This often makes it more difficult for clients to connect their methamphetamine use with the disease of addiction.
15. e. all of the above. While alcohol and marijuana themselves may not be the problem, use of these substances often creates a general atmosphere that leads to the use of the client's drug of choice.
16. False. Relapse is a normal part of recovery and clinicians should expect that their clients undergo such obstacles in the treatment process.
17. e. all of the above. Anything, from friends to the physical environment, can act as a trigger when it is associated in any way with the process of using. Clinicians should be sensitive to these cues and address them immediately.
18. e. Pavlov. Ivan Pavlov was a Russian scientist most concerned with the physiology of digestion when he observed the phenomena of dogs salivating even before they received their food.
19. False. Thoughts, environmental cues, and other stimuli are known to create actual physical responses in severely addicted drug users, ranging from increased heart rate to sweating and other physical manifestations of craving.
20. c. Using visual thoughts. There are several strategies for someone to fend off cravings once they are identified, including relaxation, prayer, calling someone, and snapping with a rubber band.